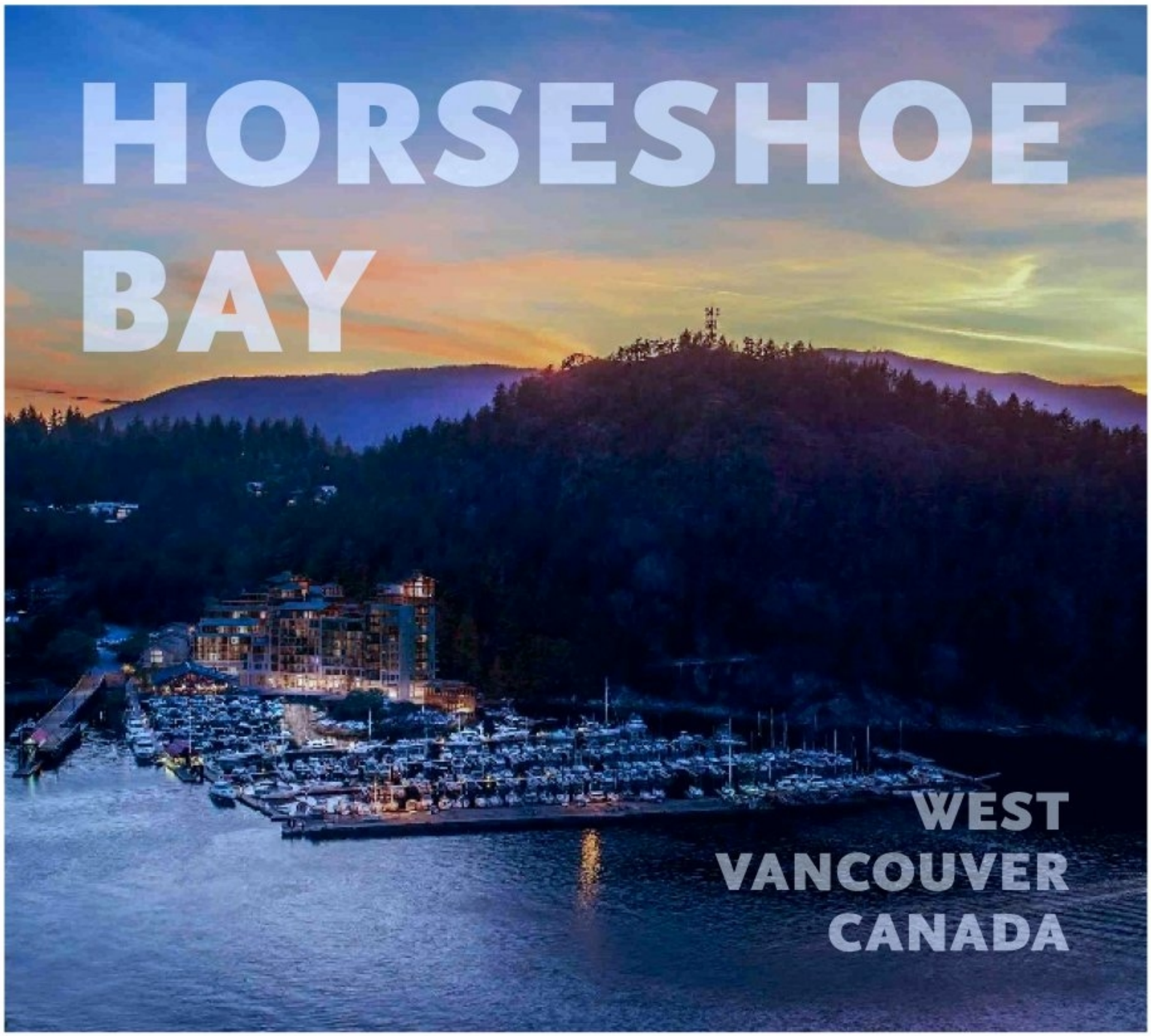
Vancouver metro

MONDAY, JANUARY 30, 2017



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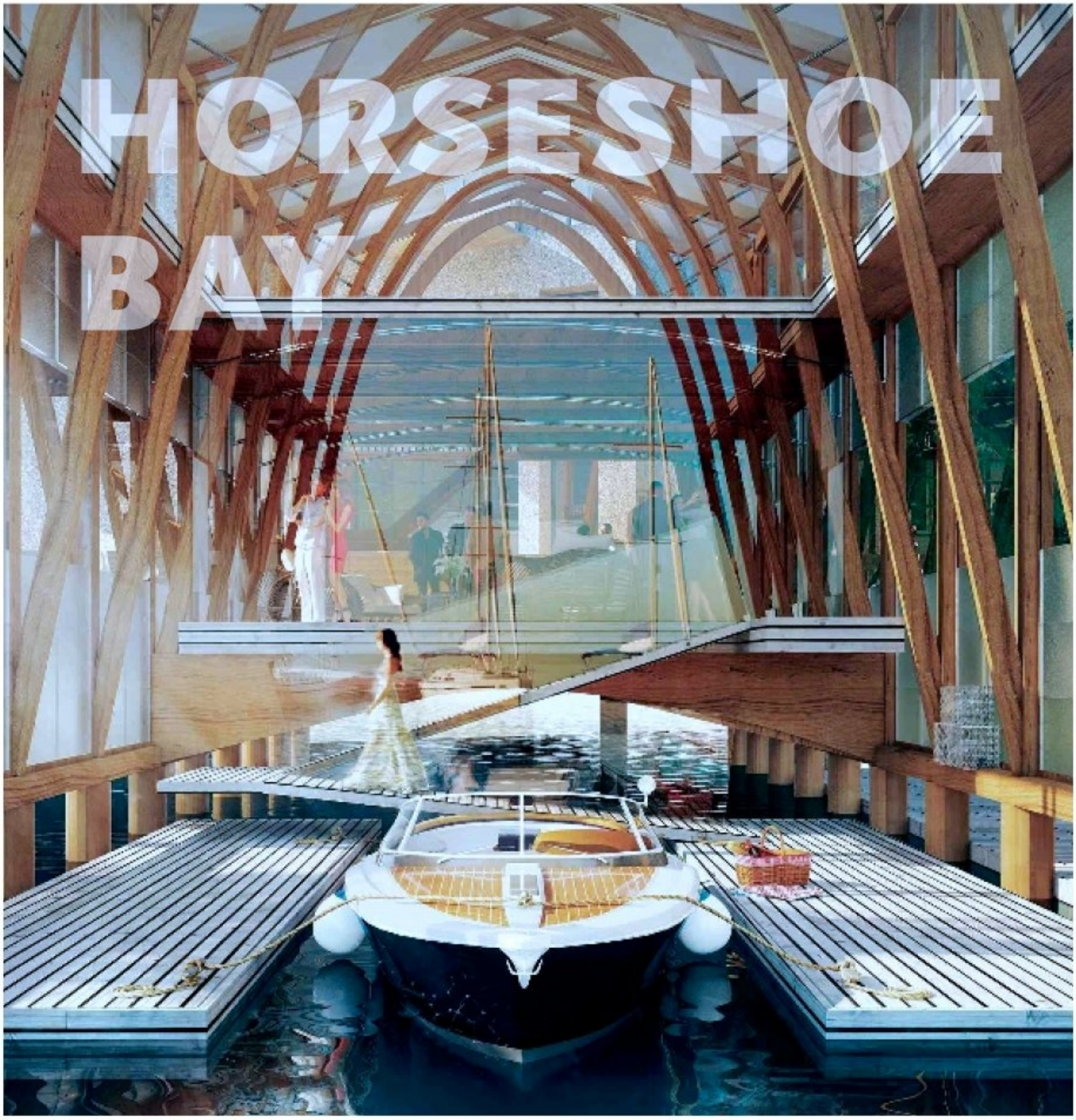

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Donald Trump's administration: *Muslim ban*

'WE ARE VICTIMS OF TERROR'

Syrian refugee in B.C. on U.S. anti-Muslim policy, rhetoric

It was a fulfillment of a campaign promise and therefore not a complete surprise when U.S. President Trump announced a 120-day ban on refugees, but the news still hit close to home for Syrian refugee and Vancouverite Mohammed Alsaleh.

He says the American travel bans, including a 90-day version for people who hold citizenship from seven Muslim-majority countries, are an opportunity for Canada to show the world why taking care of those fleeing persecution is the right thing to do.

"Our neighbours are implementing xenophobic measures," said Mohammed Alsaleh, a Canadian permanent resident who arrived in Vancouver as a refugee a little over two years ago.

Mohammed Alsaleh says this is Canada's chance to show the world that diversity is our strength.
JENNIFER GAUTHIER/METRO FILE

"We have to reiterate that we are not going to fall into fear and we will show the world that diversity is our strength and we are doing things the right way."

Trump's executive order will do little to fight terrorism, added Alsaleh, who was tortured in Syria before he escaped to Canada.

"I don't think that Mr. Trump realizes that we, as refugees, are running from terror. We are victims of terror and by banning us from the U.S., or any other country, this will contribute to our hardship and our suffering."

Alsaleh works at Immigrant Services Society of B.C. as a resettlement counsellor.

He is currently waiting for his family to go through the refugee process so that they can join him in Canada.

Trump's travel ban not only runs counter to some Vancouverites' ethical values, but it is also getting in the way of local businesses.

Vancouver resident and entrepreneur Wyle Baoween just returned from an annual family vacation in Hawaii with his American in-laws and had planned to attend several investor meetings in Seattle, but after U.S. President Donald Trump's executive order on Friday, he says he no longer feels comfortable travelling to those places.

Baoween, a Canadian permanent resident originally from Yemen, came to B.C. about one year ago as a student.

He and two friends co-founded the company, HRx, in an effort to eliminate racial profiling and any unconscious bias from the hiring process.

But the United States' new 120-day ban on taking refugees and 90-day travel ban for people who hold citizenship from seven Muslim-majority countries, including Yemen, has shaken his optimism.

"I was frustrated. You feel like you have no power to change anything," he said. "It will impact your life, it will impact your business. But you can't change it."

Local political and religious leaders have also taken a stand on refugees and the importance of diversity, including one Muslim leader who said he was "extremely disappointed" in the Trump's administration decision to refuse refugees.

"The local populations in those (seven) countries have nothing to do with this," said Daud Ismail, president of the B.C. Muslim Association.

Plus More on the travel ban metroNEWS & metroVIEWS

FROM CHAOS TO 'CRISIS MODE' FOR ADVOCATES

MUSLIM-CANADIANS SPEAK UP NATIONWIDE

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Army sent in to help after ice storm in New Brunswick. Canada

Trudeau enjoys festive fireworks, but avoids explosive questions

PIPELINE CONTROVERSY

Prime minister visits city for Lunar New Year amid turmoil

Prime Minister Justin Trudeau smiled and waved during his latest visit to Vancouver, but didn't stop to answer questions.

He joined the city's Lunar New Year celebrations Sunday, participating in a blessing ceremony before a traditional lion dance, then leading a parade through Vancouver's historic Chinatown.

Steady rain pelted the marchers and kept crowds along the route thin, but Trudeau continued smiling, waving and wishing the hundreds of onlookers a happy new year. He did not answer questions that reporters shouted to him along the parade route.

He left questions about a controversial American travel ban on citizens from seven countries to his immigration minister who held a news conference in Ottawa Sunday.

The prime minister's visit follows a string of town hall meetings in communities across the country. British Columbia was noticeably absent from the tour.

Trudeau last visited the province in December following the approval of the Trans Mountain pipeline expansion that will triple the capacity of an existing pipeline that runs from near Edmonton to Burnaby. It will increase tanker traffic seven-fold within the densely populated Burrard Inlet.

Trudeau downplayed questions about lengthy protests related the project when meeting with local media last month.

He said some people will disagree with the decision to approve the project and expressing that disagreement is part of the democratic process.

But he also defended the approval, saying, "We need to both protect the environment and build a stronger economy at the same time."

Aaron Sam, Chief of the Lower Nicola Indian Band near Merritt, says Trudeau should hold public discussions in B.C.

The Trans Mountain pipeline crosses through the band's territory and members will be voting next month whether they should approve an agreement with Kinder Morgan.

He says he raised concerns about how the pipeline and its related tanker traffic will affect the salmon population the community relies on but doesn't feel that the federal government has taken those concerns seriously.

"(The Prime Minister) never sat down with us once," he said in an interview Saturday.

The Tsleil-Waututh and Squamish nations, as well as the Coldwater Indian Band, launched legal challenges against the federal government earlier this month contending they were not properly consulted.

Although the Lower Nicola Indian Band has not taken similar action, Sam says the community is disappointed in the Trudeau government for the lack of consultation and failure to meet other promises to boost indigenous rights.

Shachi Kurl, executive director for the Angus Reid Institute, says previous polls have suggested that about half of British Columbians are pleased with the pipeline approval while only a third are opposed.

Most of the opposition within B.C. appears centred to those who live in the cities of Vancouver and Burnaby, she says.

THE CANADIAN PRESS

Prime Minister Justin Trudeau poses while performing the eye-dotting on a lion dance costume before the Chinese Lunar New Year parade in Vancouver on Sunday.
DARRYL DYCK/THE CANADIAN PRESS

Spectators watch as firecrackers explode during the Chinese Lunar New Year parade in Vancouver on Sunday, Jan. 29, 2017. DARRYL DYCK/THE CANADIAN PRESS

> The Prime Minister never sat down with us once.
> Nicola Indian Band Chief Aaron Sam

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High interest in higher education on cannabis

BUSINESS

Kwantlen offers unique course as legalization on the horizon

Jen St. Denis
Metro | Vancouver

A continuing studies course that began as a joke two years ago has attracted more than 500 students who see medical marijuana as a growing job opportunity.

"With 2,000 producers waiting for their licences, there are huge employment possibilities within the industry," said Laura Armstrong, who has a masters in horticulture science and experience working in cut flower greenhouses. She's currently completing Kwantlen Polytechnic University's Cannabis Professional Series online course.

"There are only eight licensed producers in B.C. compared to 22 in Ontario."

The course is the only one in Canada that prepares students to work in the cannabis business, said Jim Pelton, executive director of continuing studies for Kwantlen. Armstrong listed some of the types jobs available in the industry: production manager, greenhouse manager, marketing and ensuring compliance with the many Health Canada regulations that govern medical cannabis production and distribution.

"Students are mostly getting jobs inside licenced producers, some are getting jobs in dispensaries," Pelton said.

Kwantlen's existing horticulture program made the university a good fit for the program, Pelton said.

A continuing studies course at Kwantlen that began as a joke has attracted more than 500 students who see medical marijuana as a growing industry. JENNIFER GAUTHIER/METRO FILE

"There are 36 licensed producers in the country, and a lot of those folks come out of the pharmaceutical industry or they come out of the investment community, but what they're getting into is industrial horticulture," he said. "There's a need for some expertise."

Legal marijuana — not just for prescribed medical use — could be on store shelves across Canada by 2018, fulfilling a campaign promise made by the federal Liberals. Pelton is also watching that process closely to see how the government decides to distribute and regulate cannabis.

"We're trying to find out how to train people to work in this when it happens," he said.

B.C.'s chief health officer, Dr. Perry Kendall, sat on a task force that did research, conducted site visits to jurisdictions that have already legalized cannabis, and drafted recommendations to the federal government as it prepares to table legislation, which could happen as early as June.

The task force has recommended making the age limit for tobacco and cannabis the same (in B.C. it's 19) and limiting personal possession to 30 grams. Production and processing should be federally regulated, but where products distributed and sold left to municipalities.

Taxation should also be used to encourage users to consume lower-potency products, Kendall said.

The task force also recommended that there be a place for smaller, "craft" producers alongside big, corporate producers. But all the facilities need to employ good production practices to ensure the product is safe, Kendall said.

Dr. Tom Perry, a Vancouver doctor, said he currently wasn't comfortable prescribing cannabis to patients who ask for it, partly because there has been little research on the actual effectiveness of the drug, but also because most of his patients want to buy marijuana from Vancouver's many dispensaries — which source their product from the black market.

"We don't know what's in it — we don't know what they're using," he said. "Very few people have wanted it through the currently licenced producers, because it's expensive."

REAL ESTATE

Changes to foreign buyers tax

British Columbia's premier has announced her government is amending its tax on foreigners buying property in Metro Vancouver.

Christy Clark says the levy will be lifted for those who have a work permit and pay taxes in B.C., in order to encourage more people to come to the province.

The 15 per cent foreign buyers tax was implemented last August in a bid to cool skyrocketing real estate prices.

Government data released earlier this month shows there was a steep drop in real estate transactions in the Vancouver area last summer after the tax was introduced.

Tax revenues from property transfers in Metro Vancouver show there were about 15,000 transactions in an approximately seven-week period ending Aug. 1, but the number dropped to a low of about 4,700 for the month of October.

The data shows there were about 1,970 purchases involving foreign buyers in the period ending Aug. 1, compared to 60 in the rest of August and about 200 in November.

THE CANADIAN PRESS

IN BRIEF

Police investigate city's first homicide of 2017

Vancouver detectives are investigating the city's first homicide of 2017.

Joseph Billy Bustinski, 62, of Vancouver, died Friday night after he was found suffering from a gunshot wound inside the Savoy Hotel (258 East Hastings St.).

The shooting is not random and no arrests have been made. METRO

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Car2go introduces luxury cars

CARSHARING

Mercedes-Benz CLA, GLA features heated seats, sunroof

Wanyee Li
Metro | Vancouver

Car2go is introducing minimally branded Mercedes-Benz GLA and CLA cars to its existing fleet in Vancouver. COURTESY CAR2GO

Car2go is expanding into the luxury carsharing market Monday with the launch of their Mercedes-Benz fleet in Vancouver.

The new car2gos will stand in stark contrast to the recognizable blue and white 2-person Smart Fortwos. The Mercedes-Benz CLAs and GLAs will come in the more traditional colours of black, white, and silver, with a small car2go logo on the side.

The company describes the CLA as "a fun and sexy four-door coupe" and the GLA as "a sporty, five-door urban SUV."

The new cars come with all of the typical luxury car features like heated seats, a sunroof, and a rearview camera.

The move comes at the behest of car2go's customers, said Chris Iuvancigh, general manager of car2go in Vancouver.

"We listened to our members and we realize that our two doors are great but they don't capture all the use cases that the citizens of Vancouver want to carry out so the four-door vehicles carry a lot more flexibility and a lot more options."

> **"The four-door vehicles carry a lot more flexibility and a lot more options.**
> Chris Iuvancigh

Iuvancigh is confident the new, bigger, Mercedes-Benz car2gos will be heavily used because a small fleet of 25 four-door vehicles, part of the company's 2015 pilot 'B Series' project, were some of the company's most popular vehicles.

Vancouver is the largest car2go city in North America, according to the company, with a car2go trip taken every 20 seconds in the city.

Members can drive a regular car2go for $0.32 per minute and a Mercedes-Benz car2go for $0.45 per minute.

Car2go launched in Vancouver in 2011 and allows members to rent their vehicles for one-way trips.

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Transform Your *Dine Out* into a Culinary Staycation

Dine Out Vancouver Festival is a time to set aside your New Year's resolutions and make reservations instead. It's a time to indulge, imbibe and enjoy all the palate-tickling aspects of life. And though *Dine Out* is a culinary festival, it's not just about restaurants and events – there are hotel adventures to be had, too.

The festival is halfway through, but there's plenty of revelling still ahead. Diners can choose from 284 prix fixe restaurant menus – don't forget to add on BC VQA wine pairings to enhance the feast – as well as culinary events ranging from the ever-popular World Chef Exchange (Executive Chef Chris Whittaker joins forces with San Francisco-based Chef Ryan McIlwraith at Timber on February 1) to Lauren Mote's cocktail masterclass series (Latin America is the focus on February 4, and Bitters 101 takes over on February 5) to an elegant wine brunch at Boulevard Kitchen & Oyster Bar on February 4. Of course, with so many wine, cocktails, spirits and beer to be tasted, you'll want to forego post-dinner driving. And there's no need to worry about an expensive cab fare home – instead, you can book a hotel room at an exclusive *Dine Out* rate.

Five properties in downtown Vancouver are offering rates of $110 per night, including the chic Burrard and artsy Listel Hotel; three others, including the oceanside Westin Bayshore, have festival rates of $140. Keen for a more holistic experience? Several hotels now have packages combining overnight accommodation with prix fixe menus, complimentary wine and other amenities. And for an ultra-luxe staycation, consider booking an Amuse-Bouche Collection package. The Fairmont Hotel Vancouver's "A Night of Whisky" experience includes a private cocktail class that educates imbibers on how to make cocktails with the roll of three dice (one for whisky, another for syrup and the third for bitters); a multi-course whisky-themed dinner; personalized concierge service; a special nightcap and gift; and more. The Fairmont Waterfront and the OPUS Hotel are featuring equally tantalizing adventures. **Check www.dineoutvancouver.com** for details, and to book your staycation – but hurry, because special rates end when *Dine Out* concludes!

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Death highlights childcare struggle

FAMILIES

Macallan Wayne Saini's parents call for safer options

Jen St. Denis
Metro | Vancouver

Following a heartbreaking plea for better daycare options from the parents of a toddler who died on Jan. 18, daycare advocate Sharon Gregson says the numbers show that thousands of B.C. parents are being forced to make the same hard choices about who cares for their young children.

"Nearly 360,000 children (in B.C.) have mothers who are in the paid workforce.

"But we know from the provincial government we've only got about 105,000 licensed childcare spaces in this province — that's group child care and family child care," said Gregson. "That's a whole lot of children that are in the unregulated sector."

Just a day shy of turning 16 months old, Macallan Wayne Saini died while being cared for in a home in East Vancouver. The cause of death is still unknown.

"We don't want our sweet boy's death to have been in vain. The day care system in British Columbia needs massive reform. Like most parents in BC, we found the choices impossibly limited when it came to day care spaces," Shelley Shepphard and Chris Saini wrote in a Facebook post.

"Parents are rushed to take the one spot available and pressured into making decisions that may not work for their family. In Mac's memory we will fight for accountable, safe and affordable daycare. The most precious and vulnerable members of our population aren't able to tell us what is happening behind closed doors."

In B.C., a licence is required to operate any child-care facility for three children or more who are not related to the caregiver by blood or marriage. That includes group daycares as well as someone caring for children in their home. Vancouver Coastal Health said there was no licensed daycare at the East Vancouver home where Macallan died.

"When your child is in a licensed child-care space, whether it's a licensed family setting or a licensed group setting, it means a licensing officer through the local health authority visits to make sure that minimal health and safety standards are being complied with," Gregson explained.

Throughout B.C., there are long wait-lists for daycare spots, and Vancouver has the third highest child-care costs in Canada. For a family with a two-year-old and a four-year-old, monthly costs can reach $2,200.

For Gregson, the solution is a proposed $10 a day universal child-care system, similar to the provincially funded system that has been in place in Quebec for 20 years. B.C.'s minister for children and families, Stephanie Cadieux, has said that such a system would cost the government $1.5 billion every year, a figure she has called unaffordable.

In response to Shepphard and Saini's Facebook post, Cadieux wrote that the incident was tragic, and that an investigation is underway. The B.C. government currently pays $115 million a year to support licenced child care facilities.

"Parents have a number of options when it comes to child care in B.C., including licensed, registered licence-not-required, and unlicensed child-care facilities," says a statement provided to Metro. "To be clear, unlicensed, or licence-not-required child-care operations, are not regulated through government the way licensed child-care centres are."

A recent economic analysis found that a $10 a day child care program would boost B.C.'s gross domestic product by $5.8 billion by 2025, with much of that coming from more women joining the workforce and paying taxes. The BC NDP have made $10 a day child care one of their campaign promises.

"If we can afford to invest in bridges and roads and affordable housing, there's no reason we can't make an initial investment into the child care system because we know it starts to pay for itself very soon," Gregson said.

In what's being described as a tragic accident, Macallan Wayne Saini died Jan. 18, 2017 while in a Vancouver daycare.
COURTESY SHELLEY SHEPPARD AND CHRIS SAINI

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Antoine Mazerolle collects water in a ditch to help flush his toilet at home in Pointe-Sapin, N.B. on Saturday. Thousands of people in New Brunswick are still without power, days after a winter storm blasted through the region. DIANE DOIRON/THE CANADIAN PRESS

Military deployed after winter storm

NEW BRUNSWICK

Premier: Areas hit hardest by weather focus of recovery

New Brunswick's premier says the military is sending between 100 and 150 troops to help with recovery efforts in the areas that have been hardest hit by last week's ice storm.

Brian Gallant told a news conference in Shippagan Sunday that soldiers are being deployed over the next 24 hours in the effort to assist local authorities by going door-to-door to check in on residents, clear debris and distribute water and other essentials.

"We should see quite a presence tomorrow in the region," Gallant said. "Everybody is in a mode in which we understand that every minute counts, every hour counts and every day counts, and we're all focused on one thing."

Gallant says discussions of cost have been put aside until after the crisis as security continues to be top priority.

"You can't put a price on people's safety," Gallant said.

New Brunswick Power reported that more than 25,000 customers were affected by the outages Sunday, the bulk of them on the Acadian peninsula, where the impact of Wednesday's storm has been most severe.

The Canadian Armed Forces sent in a recon team Saturday to see how to best direct their efforts in response to the premier's request for help.

Gallant welcomed the military back-up, acknowledging there are several days of work ahead to get the entire province back on the electrical grid, especially in areas where most of the affected communities are cut off from power.

Around 350 crews worked under strenuous conditions Sunday that have stalled restoration efforts, Gallant says, such as extreme ice loading on lines, which has even caused new outages on the Acadian Peninsula. He said in certain areas, the extent of the damage to electrical equipment has been more severe than expected.

> **You can't put a price on people's safety.**
> Brian Gallant

Thirty-one people are being treated for what is believed to be carbon monoxide poisoning as of Sunday. It's a more than fourfold increase in cases from the day. Two deaths last week were also believed to be caused by carbon monoxide poisoning.

THE CANADIAN PRESS

HEALTH

Quebec nurses suspended for fentanyl thefts over last decade

Fentanyl, the powerful opioid currently preoccupying public health authorities, isn't just a problem on the streets. About a dozen Quebec nurses have been temporarily suspended over the last decade for stealing quantities of the drug from the workplace, says an analysis of the Quebec Order of Nurses' disciplinary council decisions.

While 12 suspensions were handed out between 2006 and 2016, the actual number of thefts was much higher.

In the most severe cases, patients were deprived of their medication by nurses who replaced the fentanyl in pills or drips with water or an intravenous saline solution.

"Unfortunately, drug appropriation and substitution by other substances are too frequent at this time," the disciplinary council wrote in a 2012 decision.

In some cases, nurses consumed the stolen drugs on the job, with one admitting to having injected herself up to three times in a single work shift.

The nurses used different methods to outwit the security measures in place in order to obtain the fentanyl. Those included altering patient registries, writing false prescriptions, retrieving discarded partially-used doses and falsifying signatures.

The nurses' suspensions ranged from six months to three years. None were permanently banned from the profession.

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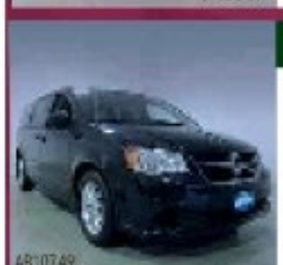

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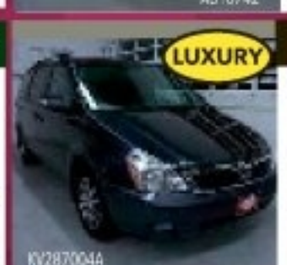

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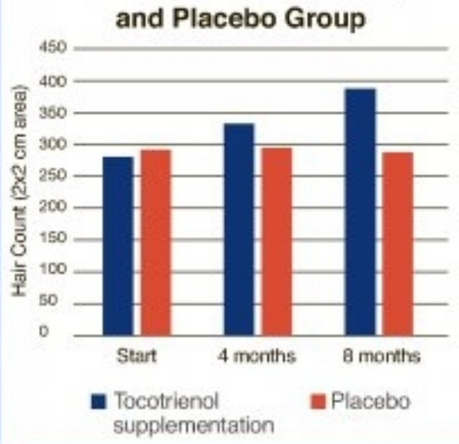
STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.

Hair Count in Study Group and Placebo Group



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Multiple fatalities in mosque shooting

QUEBEC CITY

Two suspects in custody in what PM calls 'cowardly attack'

Police survey the scene of a shooting at a Quebec City mosque on Sunday. FRANCIS VACHON/THE CANADIAN PRESS

The president of a Quebec City mosque says he has been told that five people have been killed in the building.

Mohamed Yangui says he heard the news from witnesses.

Police tweeted there were deaths and injuries but didn't say how many victims there were.

They said two suspects were in custody.

A live video feed on a Facebook page of a mosque showed images of multiple police vehicles and yellow police tape.

Public Safety Minister Ralph Goodale tweeted Sunday he was deeply saddened by the loss of life.

Quebec Premier Philippe Couillard reacted on Twitter by calling it "barbaric violence."

"All our solidarity is with those who are close to the victims, the injured and their families," he said.

Prime Minister Justin Trudeau also weighed in on the tragedy.

"Tonight, Canadians grieve for those killed in a cowardly attack on a mosque in Quebec City," he tweeted. "My thoughts are with victims & their families."

The mosque in question had a pig's head left outside the building last June.

The head was wrapped in paper and accompanied by a note that read "Bonne (sic) appetit."

Prominent Quebec politicians denounced the incident, which came in the middle of Ramadan, when Muslims fast from dawn to sunset.

THE CANADIAN PRESS

YEMEN

Al-Qaida targeted in U.S. raid

A U.S. military service member was killed Sunday during a raid against al-Qaida militants in central Yemen that also left nearly 30 others dead, including women and children.

The loss of the service member is the first-known combat death of a member of the U.S. military under President Donald Trump.

"Americans are saddened this morning with news that a life of a heroic service member has been taken in our fight against the evil of radical Islamic terrorism," Trump said in a statement.

Smoke billows following a Jan. 22 airstrike n the Yemeni capital Sanaa. AFP/GETTY

The U.S. has been striking al-Qaida in Yemen from the air for more than 15 years, mostly using drones, and Sunday's surprise pre-dawn raid could signal a new escalation against extremist groups in the Arab world's poorest but strategically located country.

A U.S. defence official said the raid was approved by Trump. President Barack Obama had been briefed on it before he left office on Jan. 20, but for operational reasons it was not ready to be executed before he departed, according to the official. THE ASSOCIATED PRESS

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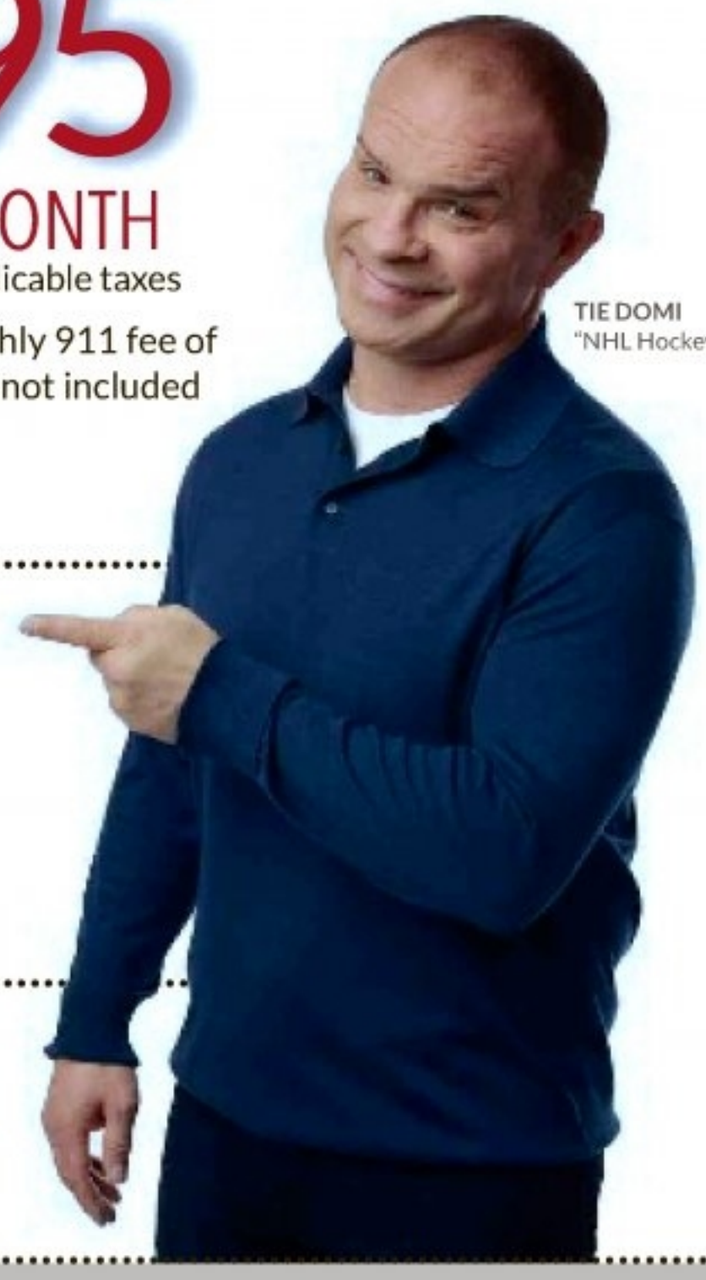

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Donald Trump's administration: *Muslim ban*

Global reaction Many decry ban while nationalists applaud

UNITED KINGDOM
British Prime Minister Theresa May does "not agree" with Trump's order and will challenge the U.S. government if it has an adverse effect on British nationals, a spokesman said. A petition on the British Parliament's site attracted hundreds of thousands of signatures backing its call for Trump, who has been invited to meet Queen Elizabeth II, to be barred. AP

GERMANY
Chancellor Angela Merkel also regretted the ban. Merkel raised the issue during a phone call with Trump, citing the Geneva Refugee Convention that calls on signatories to take in people fleeing war. "She is convinced that even the necessary, resolute fight against terrorism doesn't justify putting people ... under general suspicion," a spokesman said. AP

NETHERLANDS
In contrast, nationalist and far-right groups in Europe applauded the restrictions and said they should be used a model for the continent.
The Dutch anti-Islam populist Geert Wilders said in a tweet: "Well done @ POTUS it's the only way to stay safe + free. I would do the same. Hope you'll add more Islamic countries like Saudi Arabia soon." AP

ITALY
In Italy, the leader of the anti-immigrant Northern League party also expressed admiration. "What Trump's doing on the other side of the ocean, I'd like it done also here," Matteo Salvini said. Meanwhile, Italy's Interior Minister Marco Minniti, who had held top security roles in recent governments, warned against "equating immigration and terrorism." AP

Protesters carry signs in Lafayette Park near the White House during a demonstration to denounce President Trump's executive order. ALEX BRANDON/THE ASSOCIATED PRESS

Advocates 'in crisis mode'

RESISTANCE

Lawyers struggle, protesters rally as White House clamps down

President Donald Trump's immigration order sowed more chaos and outrage across the country Sunday, with travellers detained at airports, panicked families searching for relatives and protesters registering opposition to the sweeping measure that was blocked by several federal courts.

Attorneys struggled to determine how many people had been affected so far by the rules, which Trump said Saturday were "working out very nicely."

But critics described widespread confusion, with an untold number of travellers being held in legal limbo because of ill-defined procedures. Lawyers manned tables at New York's Kennedy Airport to offer help to families whose loved ones had been detained, and some 150 Chicago-area lawyers showed up at O'Hare Airport after getting an email asking for legal assistance on behalf of travellers.

"We just simply don't know how many people there are and where they are," said Lee Gelernt, deputy director of the American Civil Liberties Union's Immigrants' Rights Project.

Advocates for travellers say the chaos is likely to continue. The executive director of National Immigration Law Center, Marielena Hincapie, said "this is just the beginning."

"We're really in a crisis mode, a constitutional crisis mode in our country, and we're going to need everyone," she said. "This is definitely one of those all-hands-on-deck moments."

Protests continued across the country Sunday. Demonstrations first erupted Saturday, a day after Trump signed the order banning travel to the U.S. by citizens of Iraq, Syria, Iran, Sudan, Libya, Somalia or Yemen. The president also suspended the U.S. refugee program for four months.

Standing in sight of the Statue of Liberty and Ellis Island, demonstrators on Sunday packed New York City's Battery Park to demand an end to President Donald Trump's ban on travellers from seven majority Muslim nations. The crowd gathered Sunday near the ferries that carry visitors to the statue and the island, the place where 12 million people entered the U.S. in the golden age of immigration. They carried signs saying "America was built by refugees," and "Muslim ban is un-American."

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HEADLINE
COFFEE

Mountainous taste

Colombian Excelso takes coffee lovers to new heights

By: Sean Deasy

Juan Valdez and his trusty mule Conchita; fictional characters that embody Colombian coffee.

For many of us the mention of Colombian coffee summons the enduring vision of coffee farmer Juan Valdez and his trusty mule.

And with good reason.

We've seen the ubiquitous fictional character since the late 1950s in everything from TV and magazine advertisements to logos and stamps (pictured, above) as the iconic symbol of the National Federation of Coffee Growers of Colombia. It seems the Colombians made decent coffee at the midway point of the 20th Century and invested heavily in spreading the word.

"Colombian was the most popular coffee [back in the day] because they had the best marketing," says Eric Shabsove of Mountain View Estates Coffee. "They rode that marketing campaign for a long time, even when the quality of the coffee wasn't as good as some neighbouring countries."

But that has all changed, says Shabsove, whose Toronto-based roastery imports coffee from around the globe. "Colombian coffee is the real deal now: great coffees with the perfect balance and acidity. You can light roast or dark roast the beans, or you can put them in blends. And it's a washed coffee so it's also a very clean cup – quite enjoyable to drink both in the morning and afternoon."

Shabsove is not alone in his admiration for Colombian java. The prevailing belief among coffee aficionados is that Colombian coffee is once again a leader in world coffee. And a great deal of its resurgent success, understandably, stems from where the beans are grown. In this case, Excelso Coffee is from the state of Huila in south-western Colombia.

Huila a good cup

The area is incredibly diverse in terms of climate and landscape: the southern part of the region grazes the Andes Mountains, which helps create an unprecedented growing capacity.

Most coffee-producing countries only harvest once a year – some are fortunate enough to harvest twice. Not so in Huila, which is near the equator, boasts near-perfect weather, and sits at a considerably high altitude. "This coffee is unique because of the weather and the altitude and the Andes Mountains nearby," says Shabsove. "They harvest this coffee almost all year round."

There's such an abundance of trees that some will go dormant. "But when you've got this kind of soil and this kind of weather, you'll have flowers beside coffees that are beautiful cherries. That's just what's amazing."

That's also why the beans are handpicked, says Shabsove. "Because you could have a flower, you could have a green bean and you could have a red cherry ready to go, so you have to pick each one separately."

What does Huila's diverse climatic conditions and fertile soil mean for coffee lovers? Quite simply: a variety of high-quality, well-balanced beans with near-perfect acidity.

It's produced in a micro-lot structure, where producers pick the ripe cherries, which are then washed, dried and processed into dry parchment. The product is then sent to a central hub where the coffee is sorted for quality and readied for export.

Ultimately this coffee is destined to leave a very good taste in your mouth.

Cadefihuila cares

Who are the growers behind Colombian Excelso coffee? The Cooperativa Departmental de Caficultores del Huila, or Cadefihuila, for short.

Cadefihuila was established in 1963 by just 19 members with the goal of uniting the many small coffee producers in the region. Their mission? To increase their members' income, attempt to solve social and economic problems, and protect against an instable coffee market.

Their numbers grew considerably in the 1990s, as producers from other areas of Huila joined the group. This created the large and multi-departmental co-op that Cadefihuila is today. The co-op now comprises 4,000 members from 25 municipalities across the state.

In 2014 the organization became Fairtrade certified, which has fortified their mission to support their members in shaping a sustainable future for their business. They are able to offer the best possible price to their coffee producers, as well as provide technical services, farming products and access to international markets. The organization continues to grow and remains committed to becoming a world leader of specialty Colombian coffees, in particular.

Their many social initiatives have turned heads in the industry. "They have scholarships for the children of the producers, that's one area that they focus strongly on," says Shabsove. "They also do a lot of medical projects for their members and the people that participate in production. So they do a lot of good things for the people and Fairtrade helps them as well."

Fairtrade impacts

Certainly the Fairtrade premium is an asset. Investments have been made in training on environmental criteria and on how to farm sustainably without damaging the ecosystem's biodiversity. One notable project is currently underway to renovate the plantations to combat la roya (leaf rust disease).

Cadefihuila has also made great progress in providing coffee infrastructure, such as drying and milling facilities, to their members. The intention is to develop infrastructure further and upgrade water treatment systems. The group has also developed a business and marketing strategy for their coffee.

The co-op now has two technical assistance teams – one for agriculture and the other for environmental sustainability. Training in crop management to boost quality and yields has already resulted in higher production levels.

A certain Colombian coffee grower, standing alongside his four-legged companion, could hardly be blamed for beaming with pride.

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Donald Trump's administration: *Muslim ban*

Voices from across Canada

As the reality of President Donald Trump's sweeping immigration order sinks in, dual Canadian citizens and refugees remain anxious and on edge. The order temporarily bars the citizens of seven predominantly Muslim nations — Iraq, Syria, Iran, Sudan, Libya, Somalia and Yemen — from entering the United States. **METRO CANADA**

OTTAWA

Amin Asadollahi, climate change lead at the International Institute for Sustainable Development in Ottawa, travels for work and said despite those assurance he is going to be cautions about travelling.

"Am I no longer able to do that? Do I have to teleconference in?" He said. Asadollahi said the U.S. policy change was so swift he finds it hard to predict what the administration might do next.

CALGARY

Yusra Alshakh was planning to visit her family members that live in the U.S., but the it was explained to her that was not an option for the next few months at least. She said she feels devastated she might not get to see her mother or sister. "To see these people blanket labelled as terrorists — it's unbelievable," she said.

HALIFAX

News of the travel ban shocked Nikki Jafari. Born in Iran, Jafari moved to Canada as a child, settling in Halifax. She said she used to travel to the U.S. a lot but not anymore. "Now I'm just sick thinking about it," she said. "It creates so much conflict for real people … it's just all so sad, when you think about the wars all over the world it's just the innocent people that pay the price for what the governments decide."

Edmonton's Saghar Sobhani CONTRIBUTED

Toronto's Bayan Khatib EDUARDO LIMA/METRO

EDMONTON

Saghar Sobhani — who was also born in Iran and forced to flee — now lives in California, where he studies aerospace engineering. Sobhani said she and her boyfriend met as refugees living in Turkey, where she had fled after persecution in Iran.

WINNIPEG

Azita Fazelkhah, a 29-year-old from Iran who has been in Winnipeg on a student visa since September 2014. She's working on a PhD in electrical engineering at the University of Manitoba and had planned to attend a scientific conference in New Orleans in February. The travel ban means she will likely have to cancel a trip she and her Iranian boyfriend spent months planning.

Starbucks stands up vs. Trump

Starbucks says it will hire 10,000 refugees over the next five years, a response to Donald Trump's suspension of Syrian refugees and temporary travel bans.

Howard Schultz, the coffee retailer's chairman and CEO, said in a letter to employees Sunday that the hiring would apply to stores worldwide and the effort would start in the U.S. where the focus would be on hiring immigrants "who have served with U.S. troops as interpreters and support personnel."

Schultz, a supporter of Hillary Clinton during the presidential run, took aim at other parts of a Trump agenda focused on immigration, repealing Barack Obama's health-care law and restructuring trade with Mexico. The letter said that Starbucks would help support coffee growers in Mexico, provide health insurance to eligible workers and back an Obama-era immigration program.

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REACTION

Minister clarifies restrictions

Ryan Tumilty
Metro | Ottawa

Federal Immigration Minister Ahmed Hussen said Sunday he's been assured Canadian citizens and permanent residents can travel through the United States as usual, even if they also hold citizenship in one of seven countries President Donald Trump targeted in an executive order.

Trump's order over the weekend banned citizens from Iraq, Iran, Syria, Libya, Somalia Yemen and Sudan from travelling to the U.S., leaving thousands in limbo at airports around the world.

Hussen said he has received assurance from officials that dual-Canadian citizens and permanent residents with a valid card would not be stopped.

Daniel Jean, Canada's National Security Advisor, said his American counterparts have assured him that dual Canadian citizens were never the target.

"They never intended to ban Canadian citizens including dual citizens of the seven countries," he said.

Hussen did not condemn the U.S. actions, but said Canada would continue to be open to refugees.

"Every country has the right to determine their policies. I can only tell you that we will continue our long-standing tradition of being open to those seeking sanctuary," he said.

Immigration Minister Ahmed Hussen THE CANADIAN PRESS

> **We will continue our long-standing tradition of being open to those seeking sanctuary.**
> Ahmed Hussen

He did not commit Canada to taking on more refugees from the affected countries.

"We're doing our part as a country to meet our global obligations to refugees," he said.

Hussen, who immigrated from Somalia himself in the mid 1990's, said he was never concerned about his ability to travel through the United States even when the implications of Trump's ban were unclear.

"I am a Canadian citizen," he said. "There is no issue with my ability to travel."

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Your essential daily news
Monday, January 30, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Is it polite to decline a destination wedding invitation from a work friend you wouldn't invite to your own wedding?

Dear Ellen,

A work friend of mine got engaged over Christmas, and invited me to the wedding. I was surprised because I love working with her, but we don't really see each other outside of work, and honestly if I was getting married I don't know if I would invite her. The only problem is the wedding is in Jamaica, which is pretty far from Calgary. So it will be expensive to go, and it's in May. I might be tempted to go and make a holiday of it if it was winter here, but it doesn't make sense to go in the spring-summer. I feel bad about not going, but also a little mad that she expects me to pay for a big trip like this. Is it polite to decline the invitation?

Saskia

Dear Saskia,

According to the most recent statistics I could find in a one-minute Google search, more than 160,000 Canadian couples are getting married this year, and, according to Weddingbells.ca, one in four will choose to have destination weddings.

Which means a lot of wedding guests will be shelling out for trips to fulfil someone else's fantasy instead of spending their hard-earned dough on their own pre-planned holiday.

Expecting guests — especially ones such as yourself who aren't close to the couple outside of work, and have no personal connection to the family — to commit so much time and money to their wedding can definitely seem unreasonable.

On the other hand, consider the possibility of mitigating factors. Is the bride inviting other people from work? If so, she may have thoughtfully included you rather than risk your feeling excluded. Is she or her partner originally from Jamaica? If so, they might justifiably want to get married there. Is she actually from Calgary, but going to Jamaica because she hates her local friends and relatives and wants to discourage them from attending? In that case, you can decline the invite with a clear conscience.

As I've pointed out in previous columns, weddings make all kinds of sensible people lose their minds. And the rest of us should go along, as much as possible within reason, in the name of love and friendship.

But that doesn't mean we have to bend to demands we find unacceptable or unaffordable. Simply send your regrets, no explanation necessary, and follow up with a thoughtful gift. If she complains or tries to pressure you, chalk her bad manners up to wedding madness, and try not to hold it against her.

Need advice?
Email Ellen:
scene@metronews.ca

NADINE YOUSIF

Why Trump's Muslim ban really hurts

I made plans to visit New York City over the month of February. Like most Canadians, I did this without a second thought. After all, crossing the border down south is easy for us. Shopping trips in New York State, winter breaks spent in Florida, or a visit to countless U.S. cities to see family and loved ones are common occurrences for Canadians.

Suddenly, my plans came to a halt under Donald Trump's so-called "Muslim ban," all because of my place of birth. I am an Iraqi-Canadian who was born in Baghdad. My family came to Canada 10 years ago, and I currently hold dual citizenship from both countries. As my plans were halted, so was an embodied sense of safety and security that I've held within me since I've immigrated to Canada.

Being Iraqi in today's age already comes with its own challenges — waking up every day to news of massacres back home with the imminent fear of family members being lost, while dealing with the constant desensitization people seem to hold towards tragedies in the Middle East, is never an easy task.

But as an Iraqi-Canadian, I always held a sense of hope and a better future for my family and me. I am constantly grateful for the opportunities and support Canada has given me, while still being proud of my Iraqi identity — a fact I proudly display through a giant Iraqi flag that sits in my bedroom.

When news emerged that dual citizens from the seven countries outlined in Trump's ban are now barred from entering the U.S., the same Iraqi identity I held so dear felt like it was now reduced to an identity of a second-class citizen.

Prime Minister Justin Trudeau reassured the public by stating that Canadian dual citizens can still enter the U.S. with no problems, but the damage has already been done for countless Canadians like me.

This Muslim ban has taken hopes of new experiences, reconnecting with family and loved ones, and the simple freedom of will away from us, while reinforcing an idea that we are merely to be looked at as suspicious, criminals, and untrustworthy.

It is hurtful to know that despite being a citizen of Canada and having visited the U.S. on multiple occasions for the better part of the last six years, freely crossing the border can suddenly be taken away from me, simply because of my place of birth — a fact that cannot be controlled. It is hurtful to know that the possibility to see my grandparents, aunts, uncles, and cousins in the U.S. could diminish at any moment for no reason, and for matters that are beyond my control.

But overall, the most hurtful part is the promotion of the negative and false rhetoric that surrounds Arabs and Muslims in part by this ban, all while many fleeing serious danger are now being denied a chance at life.

For now, I may be able to cross the border in February, but this incident has left those like me to live in a constant state of fear and confusion due to blatant racism.

I know that I, for one, will not be able to cross the U.S.-Canada border under Trump's America without the constant fear of prosecution.

And no innocent person, regardless of any place of birth or citizenship, should ever feel that way.

Nadine Yousif is a fourth-year journalism student at Carleton University, editor of the campus paper, the Charlatan and a dual Iraqi-Canadian citizen.

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Canadian documentary Rumble, about Indigenous musicians, wins award at Sundance

There goes the retirement dream

Nearly two-thirds of boomers say supporting adult children is preventing them from saving for retirement

ISTOCK

Lisa Wright
Torstar News Service

Rowena Chan knows all about the so-called "déja-boom" effect from relatives, friends and the usual water-cooler chatter among colleagues.

But it's also a growing part of her business. The phenomenon of grown kids boomeranging back home has become a big issue when it comes to baby boomers planning for retirement, says Chan, senior vice-president, TD Wealth Financial Planning.

According to a recent TD survey, the boomerang effect is in full swing, as a growing number of millennials continue to lean on their parents or grandparents for financial support — or to get their old room back.

In fact, almost 60 per cent of young adults ages 20 to 24 were living with their parents in 2011, according to the most recent census data, while one quarter of 25- to-29-year-olds were living with their parents that year.

And Statistics Canada says the trend has been steadily increasing since 1981.

One in four Canadian boomers admits to supporting their adult children or grandchildren, says the TD study.

"The people ready to retire in 10 or 15 years, they want their children to have a good start," she says, adding, "It may derail them a bit" from their retirement goals.

The survey found that 62 per cent of the baby-boom generation feels that supporting their offspring into adulthood is preventing them from saving enough for retirement, and 58 per cent reported feeling financially stressed by the situation.

"As a parent or grandparent, it's natural to want to help our kids and grandkids, who may be facing financial challenges such as finding full-time employment or paying their day-to-day expenses," Chan says.

"It's important that this desire to help is balanced with the goals you have when it comes to retirement," she notes.

The trend is not going unnoticed by boomers' children, either.

"It's natural to want to help our kids and grandkids who may be facing financial challenges
Rowena Chan, senior vice-president, TD Wealth Financial Planning

Almost half (44 per cent) of millennials report that they're fully aware of the financial stress the situation places on mom and dad, with 43 per cent of millennials saying they are willing to cut costs before asking for their parents' help.

Experts say that retirement goals are still within reach. Meeting with a financial planner and doing a goals-based assessment is key to determining what the options might be for parents who are supporting kids while keeping their retirement plans on track.

$ LIVING TOGETHER

Negotiate the return
Discuss how everyone can contribute to the household budget and operations. For example, parents may be able to cover basics such as room and board, but expenses such as cellphone bills, car payments, and recreational activities could be covered by the kids. Also, consider having everyone pitch in to the costs of running the day-to-day operations and dividing the household chores.

Prepare to relaunch
Whether it's a newly married son and his spouse and child, or a daughter who recently graduated and has moved back home, there are plenty of opportunities to educate all family members on the importance of being fiscally responsible and working toward financial independence. Use a financial planner who has experience working with multi-generational family dynamics.

Decide when to release
As everyone maps out their action plans, identify a date when you will no longer be financially committed to each other. As you approach this date, set up a series of mini-goals that will allow parents or grandparents to free up funds to divert toward retirement savings, while ensuring that the kids are meeting the savings targets they set.

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Shopping for groceries through winter's prices

Gail Vaz-Oxlade
For Metro Canada

Food prices just keep going up. And up.

My usual rule of thumb of $50 per person per week for groceries just won't cut it in the winter, when a head of anything green costs $5.

So how do you survive on the limited amount you have designated for food?

You have to be a good shopper. For instance, a dozen eggs costs about $3 to $6. Eggs are full of protein and are quite filling.

Shop the sales
One week bread may be on sale, the next tins of salmon. Have a float of about $20 in your food budget to take advantage of the specials that will save you money over the month. Scour the fliers for deals and then hit the store with a price-matching policy. Peanut butter that usually sells for almost five bucks can be had for as little as $2.49 on sale. (I bought four.)

Use everything you buy
Waste is the biggest enemy of a tight budget. Old potatoes become hash browns. Just-going-off veggies become stew fixin's. Chicken bones become stock with addition of some onions (cheap) and left over veggies.

Look for alternatives
Beans are a great source of protein. Add a little sausage (you can buy a pack of five sausages for $3.49; add one to a meal for flavour), and bulk up with veggies that will give you the vitamins and minerals you need to be healthy. Over-eating happens when you're eating empty calories and your brain says, "keep going" until you get the nutrients it wants.

Invest in healthy staples
Peanut butter, oatmeal, rice, chickpeas and pasta all make your food budget go much further.

Cook ahead
Batch cook and freeze portions so you can jump-start dinner when you're short of time or energy. Soup is easy to make and can feed you for days (or freeze it for a meal next week and in weeks to come for variety).

DIY
Don't buy prepared foods. Ever! Chop your own lettuce. Cut your own carrots. Back to basics, babies. Making your own sauces means you can flavour them just the way you like (more or less garlic, with or without cilantro).

Add variety
Mussels are cheap (less than $2 a pound) and you don't have to get too fancy with them. Add stock (do you know you can make fish stock from left-over shrimp tails along with fish skin and bones?), sweet onion, garlic, a bay or lime leaf and enjoy a fabulous meal. Or curry those puppies and then use the leftover sauce to cook your next meal.

Slow down
Make eating a wonderful experience as opposed to something you rush through. Savour the flavour. Relish the freshness.

Eat green
Stick with lots of fruit and veggies. As Michael Pollan says, "Eat food, not too much, mostly plants."

> **Don't buy prepared foods. Ever!**

Millions of Canadians are feeling the pinch over prices at the supermarket. ISTOCK

YOU CAN DO THIS ANESTHESIA TECHNICIAN

Part of a caring hospital team

WHY I LIKE MY JOB

Ian Hamilton, 41, anesthesia technician, Nova Scotia Health Authority, Halifax

I had been a paramedic for about 10 years and was looking for a change.

As a level-three paramedic, I knew I'd be pretty competent at anything in the operating room (OR) that had to do with anesthesia, so I thought it'd be a good fit.

(I took an) anesthesia course offered by the Maritime Business College; it was the first year they had outsourced it from the hospital, which used run the program in house on an on-demand basis. We learned the basics in class, and then part of the program is a six month, full-time apprenticeship in the OR.

(My job entails) a lot of different things depending on what service I'm working for, like orthopedics, cardiac or neurosurgery.

One of our prime responsibilities is making sure the anesthesia machine is running properly and has the equipment and gases connected. Then I'll speak with the anesthesiologist and find out if he had any concerns about the case, such as airway concerns, which might require special tools. I then help the anesthesiologist and monitor the equipment during surgery.

I like my job because the OR is like a great big family. especially in anesthesia. I've worked in emergency and pre-hospital for so many years, but I really didn't get the same feeling. It's also nice to be surrounded by people who are way smarter than you. Everybody is really there for the same common reasons and we work well together — the teamwork is outstanding.

THE BASICS: Anesthesia technician

$50K

Median annual salary for an entry-level anesthesia technicians, though salaries are dependent on experience and education level.

+14%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by maritimebusinesscollege.ca, cas.ca, ontariocolleges.ca, onetonline.org and algonquincollege.com.

HOW TO START

In Canada, anesthesia technicians or assistants are a relatively new field, and most usually have some prior training as either a nurse, respiratory technician or paramedic. Some colleges — such as London, Ontario's Fanshawe and the Maritime Business College — offer specialized programs. Hospitals may also offer on-the-job training. Those looking at post-graduate courses may be required to have a respiratory therapy advanced diploma or a nursing degree, as well as 4,000 hours of experience. In class, technicians are taught the science and theory behind anesthesia, as well as train under an anesthesiologist to learn how to administer the drugs.

WHERE YOU CAN GO

Because of their advanced training, anesthesia technicians and assistants are sought after across Canada, though not all hospitals employ them. Most major hospitals in Canada will have at least some technicians or assistants on staff. Beyond the OR, there are opportunities in diagnostic units, post-anesthesia care units, emergency rooms, intensive care and child birth centres.

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metro SPORTS

Curler Brad Gushue will get to play in the Brier in his hometown of St. John's, N.L., after winning the provincial title

McDavid can't keep up with Crosby at all-star

NHL

Oilers star loses as Sid captains Metropolitan outfit to victory

Sidney Crosby got the best of Connor McDavid in Sunday's NHL all-star game.

The Crosby-led Metropolitan division all-stars topped McDavid's Pacific division squad 4-3, capturing not only the three-on-three affair but a $1 million US prize that will be split among the players.

Philadelphia Flyers winger Wayne Simmonds scored the go-ahead goal and eventual game-winner in his first all-star game. Seth Jones, Justin Faulk and Cam Atkinson also scored for the victors. Crosby was ultimately held without a point.

McDavid scored his team's second goal on a breakaway and later appeared to give them a 4-2 lead, but the goal was ruled offside. Atkinson quickly tied it, batting a second attempt by Mike Smith. He was followed by Simmonds, who rifled a one-time feed from Taylor Hall past Smith.

Joe Pavelski and Bo Horvat also scored in defeat for the Pacific division. McDavid and Crosby have been compared all weekend in Los Angeles, starting with Wayne Gretzky's assertion that the 20-year-old McDavid was "chasing" his 29-year-old counterpart for best-in-the-game status.

If touched by the compliments, McDavid also noted of Crosby: "He's the best player in the world by far." McDavid leads the NHL with 59 points this season, just ahead of Crosby's 55.

McDavid's squad won the day's opening matchup 10-3, topping Jonathan Toews and the Central division. Six players had at least three points, including the Edmonton Oilers captain (one goal, two assists), Calgary's Johnny Gaudreau (two goals, one assist) and Horvat (one goal, two assists), first-time all-star for Vancouver.

Anaheim Ducks defenceman Cam Fowler led the way with four points (one goal, three assists). Corey Crawford and Devan Dubnyk combined to allow 10 goals on 22 shots in the lightly defended, low energy affair.

Bruce Boudreau, who coached the losing Central squad, thought the format was "fabulous", but also "too much fun and not enough play." Gretzky coached the Metropolitan division to a 10-6 win over the Atlantic all-stars in the day's second game. The Great One was replacing Columbus Blue Jackets coach John Tortorella, who had to pull out from the weekend for personal reasons.

Gretzky had fun with his rare coaching duties, pairing Crosby and Alex Ovechkin together right off the hop. Crosby and Ovechkin, the two long-compared superstars, were playing on the same all-star team for the first time since 2007 — the last and only previous time that Crosby has taken part in the event.

The Pittsburgh Penguins captain got his first-ever all-star game point when he beat Tuukka Rask with a backhand between the pads, later adding an assist. Tavares and Atkinson led the way with four points apiece, Wayne Simmonds also notching two goals for the victors. Vincent Trocheck and Nikita Kucherov topped the losing squad with four points apiece. Auston Matthews also scored a goal in his first all-star game.

THE CANADIAN PRESS

Connor McDavid and Sidney Crosby share a laugh during a break in action during Sunday's NHL all-star game in Los Angeles. BRUCE BENNETT/GETTY IMAGES

> **I can't picture an Olympics without (NHL players) to be honest.**
> Connor McDavid on the hot topic of whether or not NHLers will participate in next winter's Olympics in Pyeongchang, South Korea

SUNDAY In Los Angeles

4	3
METRO DIV.	PACIFIC DIV.

HOCKEY

Patrick a focus for Prospects Game

There will be 40 players dressed for the Canadian junior Top Prospects Game but most eyes will on only two of them — Brandon Wheat Kings centre Nolan Patrick and Halifax Mooseheads forward Nico Hischier.

Winnipeg's Patrick and Hischier are expected to go first and second in the NHL draft June 23 in Chicago and each was named captain of a team for the game Monday night at the Centre Videotron. "I have a lot of respect for him, but I'm not going into the game thinking it's me against Nico," said Patrick. "I just want to help my team and play the best I can."

Patrick leads Team Orr, which includes Windsor Spitfires forward Gabe Vilardi, who is ranked third by NHL Central Scouting among North American skaters. Hischier is on Team Cherry, whose roster includes Windsor goaltender Michael DiPietro.

Dozens of NHL scouts will be gathering information on how the best players from the three Canadian-based major junior leagues perform against their peers. Patrick, who missed out on last year's draft due to a late birthday, has been the consensus No. 1 choice by most scouting services since the start of the season. But the Winnipeg native missed 35 games with an abdominal injury while Hischier's stock soared after a standout performance for Switzerland four weeks ago at the world junior championship.

The six-foot-three Patrick led Brandon to a Western Hockey League title last season, when he had 102 points in the regular season. THE CANADIAN PRESS

GOLF

Spaniard Rahm wins by 3 at Torrey Pines

Jon Rahm of Spain added his name to the burgeoning list of young stars Sunday with his big game and a big finish at Torrey Pines.

Rahm made two eagles over the final six holes, the last one a 60-foot putt from the back fringe on the par-5 18th hole for a 5-under 67 to win the Farmers Insurance Open by three shots for his first PGA Tour victory.

Rahm, who turned 22 in November, beat Phil Mickelson's mark as the youngest champion at this tournament. He also became the first player in 26 years to capture his first PGA Tour title at Torrey Pines. Rahm finished at 13-under 275, three shots ahead of Charles Howell III (68) and C.T. Pan of Taiwan, who had a 70.

Jon Rahm
GETTY IMAGES

THE ASSOCIATED PRESS

IN BRIEF

Tardi beats Hall to junior Canadian curling title

British Columbia's Tyler Tardi downed Ontario's Matthew Hall 9-7 to win the men's Canadian junior curling championship on Sunday.

Tardi will represent Canada at the world junior championships in South Korea next month. Earlier Sunday, Alberta's Kristen Streifel won the women's gold medal with a 5-3 win over Ontario's Hailey Armstrong.

THE CANADIAN PRESS

AFRICA CUP OF NATIONS

Egypt sinks Morocco to make semi-finals

The fallen giant of the Africa Cup of Nations is rising again as Egypt became the final team on Sunday to force its way into the semifinals amid late drama.

The record seven-time champion, held back by years of political upheaval back home, returned to the last four for the first time since 2010 with an 87th-minute winner over Morocco in the last quarter-final in Gabon. Mahmoud Kahraba hooked in a volley in a goalmouth scramble at the end, giving the Egyptians a 1-0 win. Egypt joined Ghana as quarter-final winners on Sunday, after Ghana's 2-1 win over Congo.

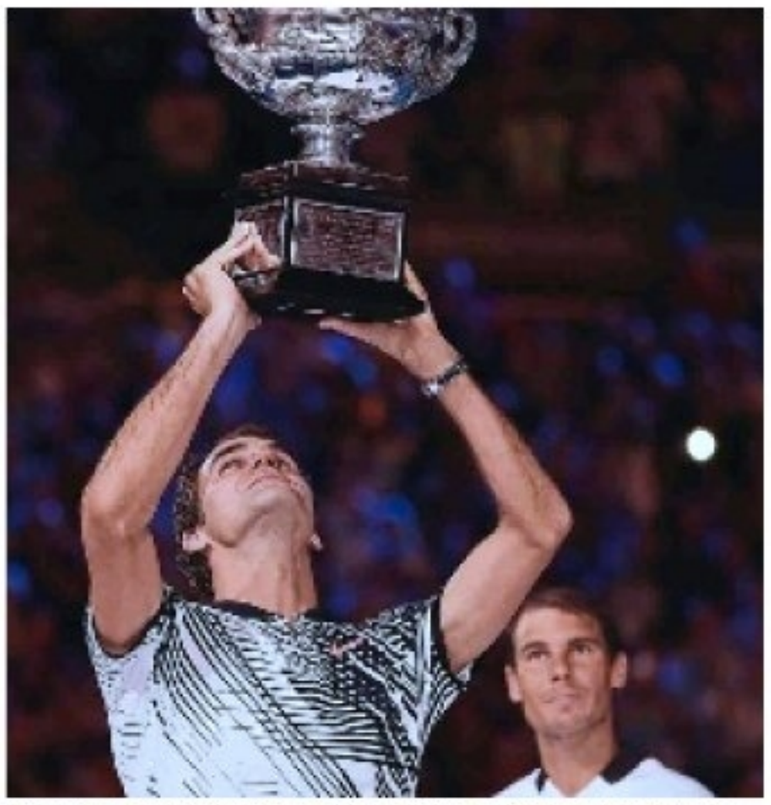
Burkina Faso and Cameroon progressed to the semifinals on Saturday. THE ASSOCIATED PRESS

SUNDAY in Gabon

1	0
EGYPT	MOROCCO

Nolan Patrick in a scuffle for the Wheat Kings.
THE CANADIAN PRESS FILE

Roger victorious in reignited rivalry



Roger Federer raises the Norman Brookes Challenge Cup on Sunday in Melbourne. SCOTT BARBOUR/GETTY IMAGES

AUSTRALIAN OPEN

Swiss veteran tops nemesis Nadal for 18th major win

So here was Roger Federer, down a break in the fifth set in a Grand Slam final. Across the net was his nemesis, Rafael Nadal, the left-handed Spaniard he hadn't been able to beat in a major final in almost a decade.

The 35-year-old father of four was back in his first tour-level tournament after six months off letting his injured left knee recover, and he hadn't won any of the big four events in tennis since Wimbledon 2012. Nadal was returning from injury, too, and somehow the pair had renewed the Roger-Rafa rivalry in a throwback Australian Open final that transcended sport.

35

By winning in Melbourne, Federer became the oldest man since Ken Rosewall in 1972 to win a slam.

At that moment, an 18th Grand Slam title didn't feature in Federer's thinking.

Don't play the player, he reminded himself, just play the ball. Attack the serve.

With that, Federer recovered the break, and seized momentum in a roll of winning 10 consecutive points that helped propel him to a 6-4, 3-6, 6-1, 3-6, 6-3 win late Sunday night. His fifth Australian title extended his buffer to four atop the list of all-time Grand Slam champions. Nadal remained tied with Pete Sampras in second place with 14.

"For me it's all about the comeback, about an epic match with Rafa again," Federer said, "... that I can still do it at my age after not having won a slam for almost five years.

"That's what I see. The last problem is the slam count — honestly, it doesn't matter."

Federer had lost six of the previous eight Grand Slam finals he'd played against Nadal and was 11-23 in their career meetings. His last win over Nadal in a major final was at Wimbledon in 2007.

"It remains for me the ultimate challenge to play against him," Federer said. "It's super sweet, because I haven't beaten him in a Grand Slam final for a long time now.

"This one means a lot to me because he's caused me problems over the years."

With big wins come big celebrations, Federer said. "We're going to party like rock stars tonight." THE ASSOCIATED PRESS

ON SATURDAY

Roger Federer's victory capped a remarkable weekend for 30-somethings.

All four singles finalists were 30 or older — after 35-year-old Serena Williams, bottom right, beat her older sister, Venus, in the women's final to capture her Open-era record 23rd Grand Slam title. GETTY IMAGES

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RUGBY

Canadian men find stride in Wellington

There have been more valleys than peaks of late for the Canadian men's rugby sevens team. But Canada climbed high at the Wellington Sevens on the weekend.

The Canadians, who started the season with back-to-back 13th-place finishes in Dubai and Cape Town, found their stride under new coach Damian McGrath and placed fourth Sunday in New Zealand.

South Africa defeated Fiji 26-5 in the championship game on a windy day at Westpac Stadium. Canada won four straight matches before falling 21-5 in semifinal action to the high-flying Blitzboks, who have won two events and finished runner-up in the third. Adam Zaruba, named to the tournament all-star team, scored a late consolation try for Canada. THE CANADIAN PRESS

Adam Zaruba GETTY IMAGES

IN BRIEF

Payet leaves London behind to rejoin Marseille

France playmaker Dimitri Payet has re-joined his former club Marseille after forcing a move from West Ham — the club that helped to galvanize his career — just before the end of European soccer's transfer window.

Marseille said on its website Sunday the 29-year-old Payet had signed a four-and-a-half year deal, with West Ham saying the fee was 25 million pounds ($31 million US). THE ASSOCIATED PRESS

Aussies sweep in Calgary

Australian freestyle skiers Matt Graham and Britteny Cox swept moguls gold Saturday at a World Cup in Calgary.

Canada's Mikael Kingsbury finished second to Graham in the men's final, which ended Kingsbury's streak of six straight gold in Calgary. Benjamin Cavet of France was third.

Montreal sisters Justine and Chloe Dufour-Lapointe were second and third respectively behind Cox. THE CANADIAN PRESS

X GAMES

Canucks crowd podium in Aspen

Canada captured four more medals on the final day of the X Games on Sunday.

Tyler Nicholson of North Bay, Ont., won silver in the snowboard slopestyle final, while Mark McMorris of Regina claimed the bronze.

And Brett Turcotte of Kamloops, B.C., added a silver in the snowmobile best trick, while Josh Penner of Letellier, Que., earned bronze in front of a crowd of about 27,500.

Norway's Marcus Kleveland took the slopestyle gold with a best run score of 91.66, while the 24-year-old Nicholson scored 89.00. McMorris, who won bronze at the Sochi Olympics, scored 87.33 for his best run. The medal was the 23-year-old McMorris's 13th at an X Games.

Kleveland's victory came just days after he made X Games history on the big air jump, landing the world's first backside quadruple cork 1800. THE CANADIAN PRESS

MAKE IT TONIGHT

Spiced Roasted Chicken and Chickpea Traybake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Give chicken dinner a little jolt with this Morrocan spice blend and cool dipping sauce.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs
- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. Preheat oven to 450 F.

2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.

3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.

4. Bake for 20 to 25 minutes.

5. Serve with a dollop of the spiced yogurt.

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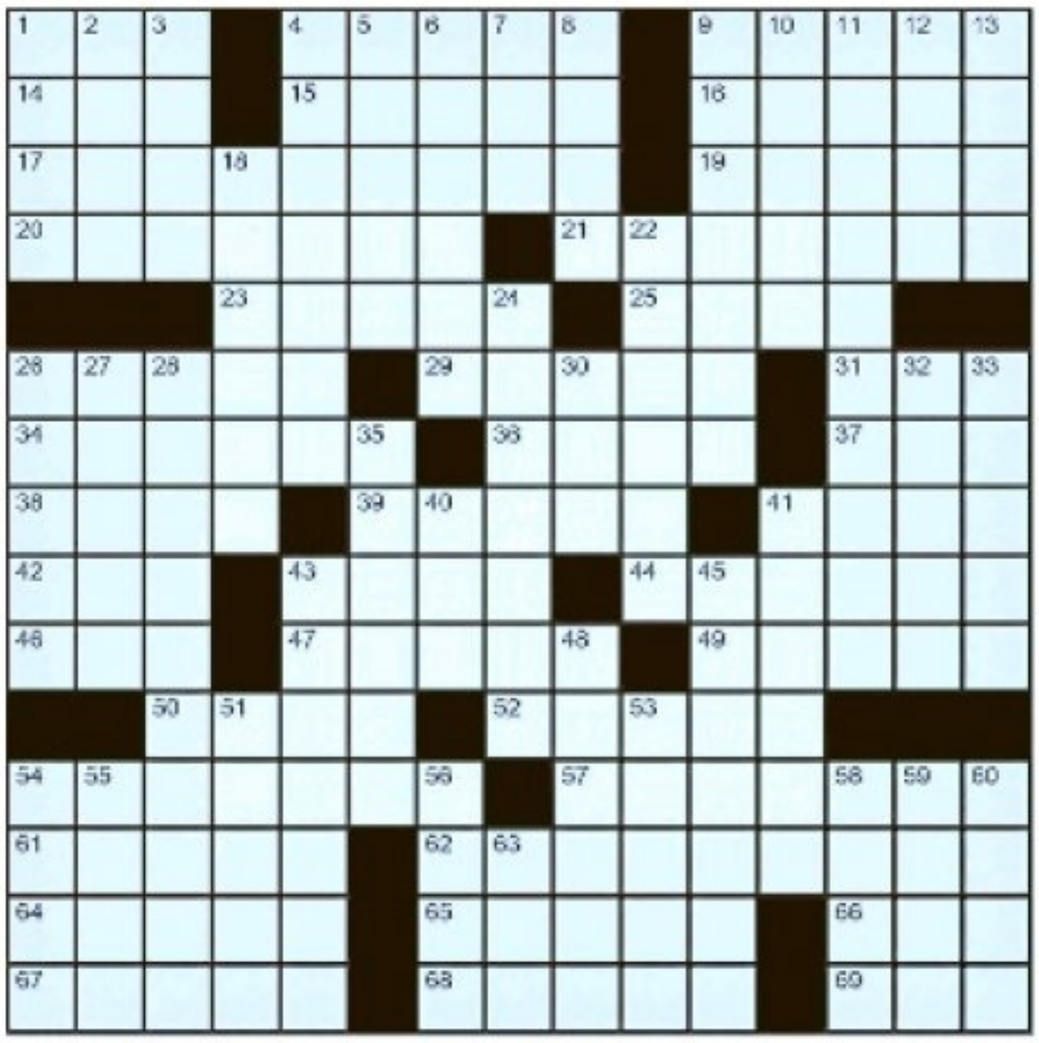
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Frequently, short style
4. Weasel kin
9. Spy for Moses
14. Vertical's opp.
15. Gabriel of "Miller's Crossing" (1990)
16. Sheep-like
17. Computer-using accessories
19. Ski run
20. Toughened
21. Those in hot pursuit in movie car chase scenes
23. More dreadful
25. Deli side dish
26. Gilbert and Rue
29. "Same here."
31. Want __ (Newspaper notices)
34. Thuds
36. Tense/tight
37. Ink-on-skin pic
38. Cars member Mr. Ocasek's
39. Unexpressed, but understood
41. Ms. Gershon
42. "Yuck."
43. Cummerbund
44. Cause and __
46. Funnyman Mr. Brooks
47. Polynesian amulets
49. Old tales
50. Genesis paradise
52. Type of duck
54. Fiercely feminine big cat
57. Ode on a __ Urn (1819 John Keats poem)
61. "You're in __ of trouble!"
62. "The Age of __" (1993) starring Daniel Day-Lewis and Michelle Pfeiffer
64. "__ Schoen" by Wayne Newton
65. American frontiersman, Daniel __ (b.1734 - d.1820)
66. Office neckwear
67. Found the math sum
68. Trigonometry ratios
69. Not even, numbers-wise

DOWN
1. Electrical resistance units
2. __ the bill
3. 1983 Spandau Ballet hit
4. Pyramid-topped pillar
5. Computer keyboard user
6. Conducted a transaction in sports or business
7. Terminate
8. Inactivity
9. Cockpit professional
10. Canadian singer Eva
11. Founded in 1972, eponymously-named Canadian cosmetics company: 2 wds.
12. __'acte (Play interlude)
13. Busy bugs
18. Certain cars
22. Shrewd
24. British movie director Guy
26. Theatre curtain fabric
27. Lewis Carroll character
28. Neil Young or Bryan Adams: 2 wds.
30. Mai __ (Cocktail)
32. Dazzle on the ballroom floor
33. Athletic trivia
35. Finishings on backyard decks
40. Get permission
41. Roller coaster ride sensation
43. __ in tradition
45. Defrauds
48. Log into an Internet account: 2 wds.
51. Toronto-born single-named music star
53. Talk in a monotone
54. "Presto!"
55. "__ a wonderful time."
56. The Kardashians, e.g.
58. "__ the Groove" by Madonna
59. __-tongued
60. Require
63. "__, _ don't." (Retort to "Yes, you do.")

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Start this week gently, because you have been high-viz and talking to lots of people. Today you want to be more lowkey, and that's just fine.

Taurus April 21 - May 21
Important discussions might take place between you and a female acquaintance. This could be about a competition with someone. Why not share your goals with this person?

Gemini May 22 - June 21
People will notice you today. They might discuss the personal details of your life, for some reason. Fear not — people see you in a positive light.

Cancer June 22 - July 23
Explore something new and different today to satisfy your urge to expand your world and learn something new. Grab any chance to travel or talk to people from other backgrounds.

Leo July 24 - Aug. 23
Clean up loose details about shared property, inheritances, taxes and debt, because you will feel better if you do this. Work to get out of debt.

Virgo Aug. 24 - Sept. 23
Be easygoing and accommodating with others today, because that's the easiest way to get through the day. Two weeks from now, you can be demanding — but not today.

Libra Sept. 24 - Oct. 23
You begin this week with a sense of purpose and a desire to get better organized. In fact, you will want to improve your health through exercise and wiser eating. Congratulations!

Scorpio Oct. 24 - Nov. 22
Today you are a Friday person in a Monday world. You would rather play hooky, party or just goof off.

Sagittarius Nov. 23 - Dec. 21
If you can cocoon at home today, you will prefer to do this because you want to hide among familiar surroundings. Family discussions might be significant, especially with a female relative.

Capricorn Dec. 22 - Jan. 20
Today you will trust your hunches more than your logic and intellect. You don't always do this, but sometimes you do — and today is one of those days.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will spend your money emotionally. You will buy what you want, and not necessarily what you need. Been there, done that.

Pisces
Feb. 20 - March 20
Because the Moon is in your sign today, you will respond to people around you with heightened emotion. They might not understand this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		3				8		
			4		6			
8			9		2			5
	3	2				1	6	
	5	1				4	9	
6			5		9			3
			8		1			
		7				5		

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

3	1	6	4	5	2	9	7	8
7	4	8	3	9	1	5	2	6
5	2	9	8	7	6	3	4	1
9	6	2	1	3	4	7	8	5
4	5	1	6	8	7	2	3	9
8	7	3	9	2	5	1	6	4
6	8	7	5	1	3	4	9	2
1	3	4	2	6	9	8	5	7
2	9	5	7	4	8	6	1	3

WHAT'S MORE IMPORTANT THAN KEEPING CANADIANS SAFE?

Canadian Border Services Officers are the first line of defence in keeping our borders and families safe.

Whether it's stopping illegal drugs and guns or child abductions, it's tough work. Their job is to protect Canadians and our communities.

PRIME MINISTER, KEEP YOUR WORD. SUPPORT THE PEOPLE PROTECTING CANADA'S BORDERS.

PSAC AFPC
Public Service Alliance of Canada
Alliance de la Fonction publique du Canada

PSACUnion.ca